



SENIOR CITIZEN EXERCISE

WHO:

Senior Citizens, Ages 62+
Out of Town Residents cannot register until November 3rd

WHEN:

Tuesdays: Dec. 2nd – March 10th
AND/OR
Thursdays: Nov. 20th – March 19th (skip 11/27, 12/25 & 1/1)

TIME:

10:30-11:15am

WHERE:

LRP School
520 Pompton Ave (school across from Town Hall)

PRICE:

\$110.00 for BOTH DAYS or
\$60.00 for either Tuesday OR Thursday (must chose one)
Registration can be done online through Community Pass, or in-
person at the Recreation Office located at 525 Pompton Ave.
Cedar Grove on the 2nd floor.

Contact Cedar Grove Recreation for more information, 973-239-1410 ext 220

Join AJ (Tuesdays) and Samantha (Thursdays) from 'Olimpia USA for Life', for a Senior Citizen fitness class, designed to help develop strength, balance, flexibility and improve your general well-being.